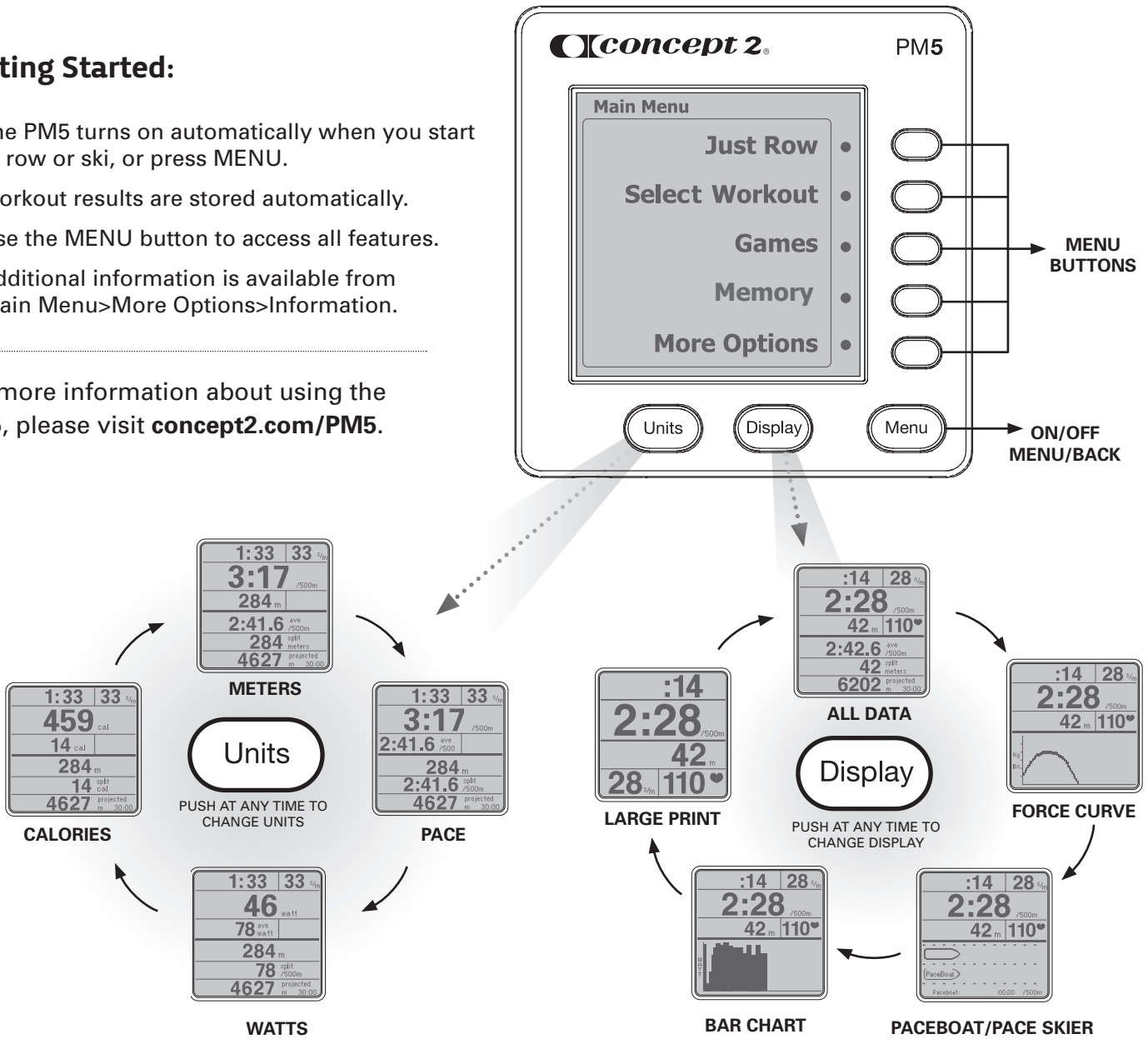
EN OVERVIEW OF THE PERFORMANCE MONITOR (PM5)

For Model D, Model E and Dynamic Indoor Rowers, and the SkiErg.

Getting Started:

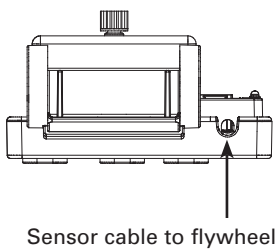
- The PM5 turns on automatically when you start to row or ski, or press MENU.
- Workout results are stored automatically.
- Use the MENU button to access all features.
- Additional information is available from Main Menu>More Options>Information.

For more information about using the PM5, please visit **concept2.com/PM5**.

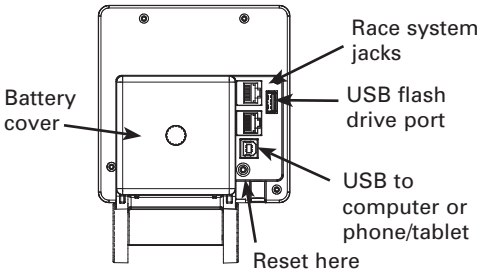


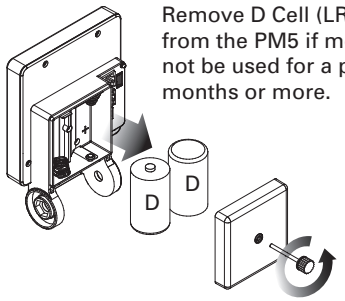
PM5 Views

Bottom View of PM5



Back View of PM5





Remove D Cell (LR20) batteries from the PM5 if monitor will not be used for a period of four months or more.

PM5 Menu Map (Visit **concept2.com/PM5** for more information)

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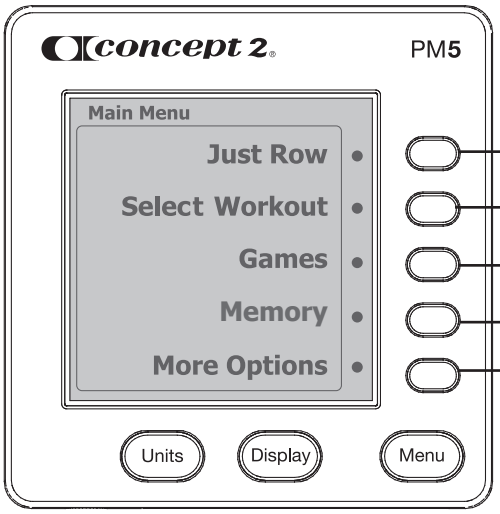

Just Row/Just Ski

Automatic operation! No need to push buttons. Your first stroke will turn on the PM5. Your results will automatically be saved in **Memory** if you row longer than 1 minute and then press **Menu**.

Select Workout

- **Standard List** gives you five pre-set workouts.
- **Custom List** holds five workouts, which can be copied from your USB flash drive to Custom List.
- **ReRow/ReSki** allows you to row or ski against a previous workout.
- **New Workout** lets you set up a new workout in your choice of format: single distance, single time, distance intervals, time intervals, variable intervals and undefined rest intervals.
- **Favorites** displays five workouts per USB flash drive (if USB flash drive is in use).

Games

Fish Game, Darts, Target Training, Racing, Biathlon

Memory OR USB Logbook (if USB flash drive is in use)

If no USB flash drive is in use, **Memory** lists your most recent workout results by type, date and summary; oldest are automatically deleted.

USB Logbook (FAT or FAT32 USB flash drive formats only) stores approximately 1000 workouts, your five Favorite workouts, and preferences. You can view Summary, Monthly Totals, List by Date, List by Type, USB Logbook Utilities.

More Options

- **Display Drag Factor**
- **Connect Heart Rate**
- **Turn Wireless On**
- **Information**
  - **Overview**
  - **PM5 Details:** Information about buttons, basic data, graphic displays, workouts, USB flash drive.
  - **How to Row/Ski:** Includes a brief technique lesson with technique animation.
  - **Drag Factor:** Explains how to adjust drag factor.
  - **More:** Games, Racing, Battery, Wireless, Heart Rate.
- **Utilities:** Set Date and Time, Set Language, Adjust Display, Battery (% remaining), Product ID.

More Information

Using a Heart Rate Monitor:

⚠WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

The PM5 will receive and display heart rate data directly from a Bluetooth Smart, Suunto™, Garmin® or ANT+™ HR chest belt. See **More Options** for set up.

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or leave in the rain.

Formulas Used

Watts = $2.80/(sec/meter)^3$

Calories/Hour = Kcal/hr = (watts) x (4) x (0.8604) + 300

Troubleshooting

Visit concept2.com/pm5.